THE

TWENTY-SEVENTH ANNUAL REPORT

OF THE

OFFICERS

OF THE

RETREAT FOR THE INSANE,

AT

HARTFORD, CONN.

APRIL, 1851.

HARTFORD:
PRESS OF CASE, TIFFANY AND COMPANY.
1851.

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OFFICERS

OF THE

RETREAT FOR THE INSANE,

FOR 1851.

Rt. Rev. THOMAS C. BROWNELL, *President.*
DAVID WATKINSON, *Vice President.*
WILLIAM T. LEE, *Treasurer.*
THOMAS BELKNAP, *Auditor,*
CHARLES SHELDON, *Secretary.*

VICE PRESIDENTS FOR LIFE, BY SUBSCRIPTION OF $200 AND UPWARDS.

*OLIVER WOLCOTT,
SAMUEL TUDOR,
DAVID WATKINSON,
WILLIAM H. IMLAY,
THOMAS S. WILLIAMS,
HENRY L. ELLSWORTH,
CHARLES SIGOURNEY,
*GEORGE GOODWIN,
*CHAUNCEY DEMING,
*WILLIAM ROBINSON,
*ELIAS PERKINS,
*JOSEPH BATTELL,
*JOSHUA STOW,
*ELIJAH THOMPSON.

DIRECTORS FOR LIFE, BY SUBSCRIPTION OF $100.

*DANIEL WADSWORTH,
WARD WOODBRIDGE,
ROBERT WATKINSON,
*ELISHA SHEPARD,
JAMES H. WELLS,
DANIEL BUCK,
*HENRY HUDSON,
*DAVID PORTER,
*REUBEN LANGDON,
*OLIVER D. COOKE,
WILLIAM W. ELLSWORTH,
*HENRY SEYMOUR,
*ELIPHALET AVERILL.
*EDWARD WATKINSON,
*GEORGE SMITH,
*ASAHEL HATHAWAY, Jr.,
*NEHEMIAH HUBBARD,
*ABIGAIL HUBBARD,
*OBADIAH BROWN.

*Deceased.

DIRECTORS CHOSEN AT THE ANNUAL MEETING.

THOMAS ROBBINS,
JAMES WARD,
JOSEPH TRUMBULL,
GEORGE SUMNER,
THOMAS H. GALLAUDET,
CHARLES SHELDON,
THOMAS C. PERKINS,
JOHN OLMSTED,
CYPRIAN NICHOLS,
THOMAS DAY,
WILLIAM T. LEE,
AMOS M. COLLINS,
NATHAN JOHNSON,
ALFRED SMITH,
JOHN S. BUTLER,
EZRA CLARK,
ISAAC TOUCEY,
THOMAS BELKNAP,
CALVIN DAY,
CHARLES GOODWIN.

STATE COMMISSIONERS.

HIS EXCELLENCY THE GOVERNOR OF THE STATE,
Hon. ROGER S. BALDWIN,
Hon. ISAAC TOUCEY.

MEDICAL VISITORS.

GEORGE SUMNER, M. D.
N. B. IVES, M. D.
BENJAMIN ROGERS, M. D.
E. K. HUNT, M. D.
H. A. GRANT, M. D.
ARCHIBALD WELCH, M. D.

MANAGERS,

AMOS M. COLLINS,
CHARLES SHELDON,
WILLIAM T. LEE.

VISITING COMMITTEE OF LADIES.

Mrs. R. WATKINSON,
Mrs. CHARLES SHELDON,
Mrs. WILLLIAM T. LEE,
Mrs. HENRY HUDSON,
Mrs. ELI TODD,
Mrs. AMOS M. COLLINS.

JOHN S. BUTLER, M. D., *Physician and Superintendent.*
Rev. THOMAS H. GALLAUDET, *Chaplain.*
Dr. S. W. HART, *Assistant Physician.*
Mr. VIRGIL CORNISH, *Steward.*
Mrs. M. H. CORNISH, *Matron.*

REPORT OF MEDICAL VISITORS.

To the Directors of the Retreat:

It may not be improper at the outset of this communication to advert to the fact, that at the organization of the Retreat, it was thought advisable to establish a Board of Medical Visitors, which, in connexion with your own, should preside over the interests of the institution; thus furnishing to the public on the one hand, a double guaranty for the safe keeping and judicious care of its inmates, and to the resident officers on the other, that friendly counsel and professional advice which might from time to time be desired.

It has been the purpose of the undersigned, by frequent unofficial, as well as by their official visits, to ascertain the prevailing mode of conducting the affairs of the household, in all those particulars relating to the comfort, but more especially to the medical and curative management of the patients; so that to the medical profession and the public generally, whose opportunities for information on the points alluded to must be comparatively limited, they might occupy the position of well-informed and disinterested advisers; while to those having the more immediate control of its affairs, they would stand in the relation of co-laborers in the work of restoring health and securing every practicable advantage to the inmates.

In order the more effectually to accomplish these objects, the Medical Visitors have adopted a system of rules, in conformity with which it becomes their duty to visit the Retreat as a Board, at least quarterly, at such times as shall suit their convenience;

and on all these occasions, subsequent to a visit to every part of the institution occupied by patients and an interview with the inmates, their medical, moral and hygienic management is considered, all needful enquiries made, and the results of their deliberations conveyed through their chairman as a committee to the Superintendent. As often as once a month, a sub-committee of two meet and examine the existing condition of the institution in the several particulars above specified, advise with the Superintendent, and report at the next quarterly meeting of the Board, whose proceedings are recorded in a permanent form by its Secretary.

The Board have conducted their visits in the manner thus indicated for nearly a year past, and it is believed that in many respects, increased benefits have resulted from their labors. They cheerfully express their approval of the general management of the resident officers, and commend their kind and well-directed efforts in behalf of those who seek the advantages of the institution.

HARTFORD, April, 1851.

GEO. SUMNER,	E. K. HUNT,
N. B. IVES,	H. A. GRANT,
BENJ. ROGERS,	A. WELCH.

TREASURER'S ACCOUNT.

Dr. *Retreat for the Insane in account with* William T. Lee, *Treasurer.* Cr.

1850.			1850.		
April 12,	To cash paid for 10 shs. F. & M. B. stock,	1,000 00	April 1,	By balance from old account, . .	$1,694 36
May 17,	" cash paid Dr. Ellsworth per order of board, ...	20 50	July 18,	" cash for temporary loan, . .	400 00
July 18,	" cash loaned temporarily, . .	400 00	" 25,	" cash received for note collected,	2,632 26
" 25,	" cash paid balance due on Barnard Farm and Rent, . . .	3,780 08	1851.		
1851.			March 24,	" cash for temporary loan, . .	1,400 00
Jan. 14,	" cash loaned temporarily, . .	1,400 00	" 31,	" cash received for interest, . .	482 82
March 27,	" cash paid on acc't Sherman Fund,	286 18	" "	" cash on account of Sherman Fund,	329 00
" 31,	" cash paid contingences, . .	6 97	" "	" cash for articles sold, not otherwise accounted for, ...	184 27
" "	" cash paid orders of A. M. Collins, Chairman of Managers, . .	25,217 82		" cash received for support of patients,	26,160 59
" "	" balance to new account, . .	1,171 65			
		$33,283 20			$33,383 20
			1851.		
			April 1.	By balance from old account, . .	$1,171 65

Hartford, April 8th, 1851.—Examined and found correct.

T. BELKNAP, *Auditor.*

Hartford, April 1st, 1851.

WILLIAM T. LEE, *Treasurer.*

SUMMARY

Of Expenditures from April 1, 1850, *to April* 1, 1851.

Meat and Fish,	$2,733 03
Bread Stuffs,	2,162 03
Butter and Cheese,	1,646 07
Groceries, Fruit and Eggs,	1,618 75
Furniture and Bedding,	1,440 28
Wood, Coal and Light,	1,894 59
Repairs and Improvements,	2,063 65
Medicine, Wine, Porter, &c.,	385 96
Clothing Patients, to be repaid,	1,262 78
Feed, Straw and Vegetables,	855 77
Wages of attendants, domestics and farm labor,	4,368 66
Advance Payments refunded,	152 42
Stock and Tools for farm and garden,	210 17
Books and Stationary,	108 42
Printing,	71 46
Taxes,	73 21
Sundry bills paid by Managers,	13 61
Salaries,	4,144 90
Insurance,	216 00
Incidentals paid by Steward,	229 56
	$25,651 32

Amount of orders drawn on the Treasurer from April 1, 1850, to April 1, 1851,		$25,217 82	
Due the Steward this date,	$845 90		
do. do. April 1, 1850,	412 40		
		$433 50	
			$25,651 32

Hartford, April 1, 1851.

AMOS M. COLLINS,
Chairman of the Board of Managers.

THE

TWENTY-SEVENTH ANNUAL REPORT

OF THE

SUPERINTENDENT AND PHYSICIAN

OF THE

RETREAT FOR THE INSANE,

FOR THE YEAR ENDING MARCH 31, 1851.

To the Board of Directors of the Retreat for the Insane:

GENTLEMEN:

In presenting to you my Report for the twenty-seventh year of the operations of this Institution, I may reasonably offer you my congratulations that so many pleasant results have marked its progress. We feel grateful that the blessings of Divine Providence have in so many instances rested upon our efforts to benefit those under our charge—that so many have been restored to health and reason, and that many others, beyond our ability to restore, have received such large increase of comfort and enjoyment, and have been preserved from those sufferings which so often befall this neglected class.

	Males.	Females.	Total,
The whole number of patients in the Retreat at the beginning of the year, was	73	70	143
Admitted during the year, . . .	56	72	128
Total number in the course of the year, ...	129	142	271
Of this number there have been discharged, Recovered, . . .	25	34	59
" Much improved, . .	7	3	10
" Improved, ...	8	8	16
" Not improved, . .	8	6	14
Died, ...	9	6	15
Total discharged during the year, .	57	57	114
Remaining in the Retreat April 1st, 1851, ...	72	85	157
Whole number admitted up to April 1, 1851, ...			2160
Whole number discharged during the same period, Recovered, . 1135			
Improved, &c. 668			
Died, . . . 200			2003
Whole number remaining, . . .			157
			2160

TABLE I.

GENERAL STATISTICS.

FOR THE LAST EIGHT YEARS.

	1843–4	1844–5	1845–6	1846–7	1847–8	1848–9	1849–50	1850–51
Cases admitted, ...	80	105	128	111	93	133	135	128
Discharged and died, . .	86	85	115	109	89	122	125	114
Daily average number for the year, ...	84	97	121	127	127	141	143	151
Greatest number in Retreat on any day, ...	111	105	132	144	143	153	155	161
Least number in Retreat on any day, ...	78	82	103	116	116	122	131	143
Whole number in the Retreat during the year, ...	169	188	231	227	211	255	268	271
Remaining at the end of the year, ...	83	103	116	118	122	133	143	157

TABLE II.

MONTHLY ADMISSIONS AND DISCHARGES, AND DAILY AVERAGE FOR EACH MONTH OF THE YEAR 1850–51.

MONTH.	Admissions.			Discharges.			Average.		
	Males,	Females,	Total,	Males,	Females,	Total,	Males,	Females,	Total,
April, . . .	4	6	10	4	1	5	74	73	147
May, . .	4	7	11	4	4	8	73	75	148
June, . .	1	11	12	7	3	10	69	80	149
July, . .	7	4	11	4	9	13	68	84	152
August, .	5	7	12	7	8	15	70	82	152
September,	5	5	10	4	4	8	72	80	152
October, .	5	4	9	7	8	15	69	80	149
November,	7	6	13	6	4	10	69	78	147
December,	9	12	21	4	4	8	69	82	151
January, .	2	2	4	3	2	5	73	86	159
February,	3	2	5	1	7	8	74	85	159
March, .	4	6	10	6	3	9	74	83	157
Total, . .	56	72	128	57	57	114			

Daily average for the year, Males 71, Females 80, Total 151.

TABLE III.

MONTHLY ADMISSION OF PATIENTS FROM THE OPENING OF THE RETREAT, APRIL 1, 1824.

April,	Males,	75	Nov.	Males,	90
	Females,	88—163		Females,	76—166
May,	Males,	103	Dec.	Males,	83
	Females,	109—212		Females,	71—154
June,	Males,	100	Jan.	Males,	76
	Females,	125—225		Females,	79—155
July,	Males,	107	Feb.	Males,	73
	Females,	124—231		Females,	47—120
August,	Males,	99	March,	Males,	83
	Females,	115—214		Females,	72—155
Sept.	Males,	89	Total,	Males,	1058
	Females,	108—197		Females,	1102—2160
October,	Males,	80			
	Females,	88—168			

On the first of April, 1850, there were in the Retreat one hundred and forty-three patients, of whom seventy-three were males and seventy were females. During the year fifty-six males and seventy-two females were admitted; total one hundred and twenty-eight,—making the whole number in the Retreat in the course of the year one hundred and twenty-nine males, and one hundred and forty-two females; in all two hundred and seventy-one. The whole number discharged has been one hundred and fourteen, of whom fifty-nine had recovered; ten were much improved; sixteen improved; fourteen not improved; and fifteen died; leaving one hundred and fifty-seven in the Retreat at this time, of whom seventy-two are males and eighty-five females.

The whole number admitted since the opening of the Institution in 1824, is two thousand one hundred and sixty, of whom two thousand and three have been discharged. Of those discharged, one thousand one hundred and thirty-five were recovered; six hundred and sixty-eight more or less improved; and two hundred have died. The per centages of the recoveries of all admitted is $52\frac{1}{2}$—of those discharged, 56. The whole number admitted since my connection with the Institution in 1843, is nine hundred and fifty-eight.

But few events of especial interest have marked the past year; ordinarily in an Institution like ours the history of one day tells that of another. Besides, most of the details of the daily occurrences of a Lunatic Hospital are matters of confidential trust between the sufferer and those in charge, and are not to be made subject to public curiosity and comment.

When the balance of mental power is destroyed, and the delusions, the extravagances, and ravings of mania are presented to us instead of the results of healthy mental action, a decent respect and sympathy demand that these demonstrations of disease should not be exposed, but should be kept hidden from the world. There can be no professional confidence more honorably binding than that which is placed upon all employed in a Lunatic Hospital.

Many occurrences which would deeply interest and reasonably amuse all, cannot be described, though important lessons to the sane might thereby be most forcibly illustrated.

But to all whose duties are limited to this household, each day is full of deep and ever varying interest. Our admissions and discharges average nearly one each day. Every new case, unlike any other of its predecessors, is a study by itself. We are to watch the peculiar developments of these ever varying mental phenomena; to learn if possible the key note of the delusion, in order to restore to harmony "the untuned and jarring senses;" to guard the suicidal impulse, (of late so common,) and, to detect the physical disorder; to cheer the desponding, and soothe the excited, by kind answers; to quiet the anxious, and arouse the dormant, by suitable appeals; and thus by all possible appliances, seek to remedy the disordered mind. Nor does our interest diminish as we see these remedial measures producing their desired effect, as the delusions begin to yield, and the light of the first rays of returning reason, like the dim gray light of the coming day, is discerned slowly advancing, till the darkness has passed away, and with renovated health, and a cheerful and grateful heart, the convalescent leaves us "clothed in his right mind."

Such results are the best evidence we can give that the management of the Institution is in accordance with the great principles of humanity and kindness, upon which alone any system

of successful remedial treatment can be founded. From them alone can that consolation and encouragement be derived, without which no one could continuously endure the burden of care and anxiety inseparable from the responsibilities of the position. With them, the rewards are abundant. "None" says Dr. Conolly, "but those who live among the insane can fully know the pleasures which arise from imparting trifling satisfactions to impaired minds; none else can appreciate the reward of seeing reason returning to a mind long deprived of it; none else can fully know the value of diffusing comfort, and all the blessings of orderly life, among those who would either perish without care, or each of whom would, if out of an asylum, be tormented or a tormentor. Constant intercourse and constant kindness can alone obtain their entire confidence, and this confidence is the very key-stone of all successful management."

In presenting to your Board and the public, this Annual Report of our progress, I might well perhaps refer you to the previous reports, and to these brief tabular statements of our present results, and then leave the whole subject to your consideration.

It is true that the whole matter of insanity, its history, causes, method of attack, and the precautionary and remedial treatment, have been again and again presented in Reports to the public, ably and amply. Any thing further on these topics would be but repetition, which to some may seem needless, and, in some places and under some circumstances, may truly be so.

But so long as our daily experience brings us evidence of the continual violation of the most simple and evident laws of mental health; so long as sufferer after sufferer by these violations is presented to us, repetition of these great principles and warnings appear to me to be demanded.

It will be seen that twenty-six of our patients were removed from the Retreat during the year in different stages of improvement. Some of them were slowly but surely recovering. By these premature removals, the number of recoveries is diminished, and we have the pain of seeing patients over whose progress toward restoration we have so anxiously watched, incurring great danger of relapse or of imperfect recovery.

We rarely see recoveries under most favorable circumstan-

ces in less time than three months, (the period for which payment is made in advance.) Friends and patients often mistake for entire sanity and health, that superficial tranquillity and apparent mental control induced by the absence of irritating causes, which is often apparent in the early stages of the healing process, and they are disposed to act upon this unfortunate and erroneous conclusion. It is not enough in a fractured limb that the broken bone be united; both bone and muscle must regain their lost firmness and strength before vigorous and natural use can be made of it. Thus with the brain and nervous system, the excitement and delusions of mania being allayed, do not make the poor sufferer a sane man; these, as well as the whole system of the individual are to regain their powers, and their full powers, before it can be safe to resume the business, and to meet the trials and the excitements of daily life. Those convalescing patients who express the most confidence in their ability to control themselves, are really the least to be trusted on this point, and sometimes those who are about half way well have more confidence in their entire sanity than they have when they are really sufficiently restored to be discharged.

While we rarely or never hear patients who have left us recovered, complain of having stayed too long, we frequently hear them confess that the result had convinced them that they had left too soon.

The history of some of these premature and ill advised removals is very sad. Many have relapsed into an incurable state, while others remain half crazed or nervous invalids, and will probably remain so for life.

The number of deaths during the year has been fifteen, one each by apoplexy, epilepsy, old age, suicide, general paralysis, erysipelas, two by general debility, three by exhaustion, and four by dysentery. The general health of our family has been unusually good: the number of deaths has not exceeded the average proportion. No epidemic or contagious disease, or any unusual sickness has prevailed among us. With an increasing number, and the more frequent admissions to the house, not only will our liability to these disorders increase, but also the difficulty of making suitable arrangements for their

proper treatment, and of preventing their undue extension among the household.

That no excellency of arrangement or vigilance of supervision can ensure security, is evident from the prevalence in past years of cholera, dysentery and erysipelas, in several, and, during the last year, of measles in one, and small-pox in another of our best regulated hospitals. Our halls are not arranged with that especial reference to the sick, which such diseases demand, and unless (as during the prevalence of the dysentery two years since) we can devote an entire hall to the sick, we are forced to expose some of the *other* patients to the depressing influence of witnessing the sickness and perhaps the death of some of their associates. The effect of this is always pernicious and oppressive, and has been found to be exceedingly injurious to some of the more sensitive and excitable.

In contagious diseases like those last named, the mere isolation of a single hall, connected as are all of ours, would not prevent their extension over the whole household.

I would respectfully recommend to the Board, that as soon as possible, suitable accommodations for the sick should be provided, so separated from the other apartments, that while they would suffer no annoyance from noisy patients, there could be no danger of contagion. Such rooms are already connected with many of our lunatic hospitals. It is a matter of hearty thankfulness that we have so far escaped contagious diseases, but we should not forget that in despite of every precaution, we may be visited by them.

The average number of patients in the Institution in 1842, was eighty; this has gradually increased, until for the past year the average number has been one hundred and fifty-one. Much of this increase has arisen from the fund annually appropriated by the State for the aid of those insane persons whose narrow means would not enable them to meet the expense of a residence at the Retreat without some such aid; about one-half the expense being thus paid. This fund, which was $2,000 in 1842, was increased to $5,000 in 1843, and has been continued at that sum. It is under the control of the Governor, who is ex-officio, Commissioner of the fund. The whole number of those assisted by it since the first appropriation in 1842, is four

hundred and thirty-nine, of whom two hundred and thirty-six were recent, and two hundred and three were old cases. Of the two hundred and thirty-six recent cases, one hundred and eighty-six have been discharged recovered, thirteen improved, four not improved, and twenty died; while of the two hundred and three old cases, there have been discharged recovered only twenty-five, improved forty-seven, not improved forty-six, and thirty-two have died; leaving in the Retreat at this time, thirteen recent and fifty-three old cases, who are partially supported by the State. The difference of results between old and recent cases is here strikingly illustrated.

The whole number of lunatics in the State is between six and seven hundred. The whole number in the Retreat during the past year, has been two hundred and seventy-one, of whom fifty were from other States; leaving not more than one-third of the whole number of the lunatics of Connecticut in the Retreat.

In our twenty-fifth Report, the economical bearing of this subject was stated more at length. I will only repeat here that while one hundred and two old cases in different lunatic hospitals, had then cost $201,336, or $1,973 88 cents each, the same number of recent cases last discharged from the same hospitals, had cost only $6,068 60 cents, or only $59 49 cents each. At the same time the three cases of chronic insanity first admitted and then remaining in this Institution, had cost their friends $11,100, or $3,700 each, while the three last recent cases recovered had cost but $174 70 cents, or only $56 96 cents each. On an average the residence of the recent cases discharged was four months, and their expenses for that period about fifty dollars. The old cases remain a year at precisely three times the expense. The one returns home to become again a producer, and to add to the public wealth and progress; the other remains a most hopeless burden. These are grave considerations to the public economist, and to all who desire to lighten the burdens of taxation, which fall heaviest on productive and laborious industry.

Insanity passes *rapidly* from the acute and very curable stage, to the chronic and incurable. The chances of recovery diminish in a singularly rapid manner. Here a timely and

amply efficient liberality is most wise and economical, for unless prompt aid secures a recovery, the case becomes chronic and a charge for life.

In *strictly* recent cases, attended to with that promptitude with which common-sense people meet the early symptoms of fever and consumption, more than eighty per cent. may reasonably be expected to recover, and one half of the remainder to be greatly improved, leaving but a small per centage.

After two or three years have elapsed, not more than five or eight per cent. recover. It is a sad reflection that most of the old cases in our hospitals, alms-houses, and in other places, could have been cured by suitable treatment.

I understand many applications for aid from the State fund have been denied, from its inability to meet the demands upon it. Many have also been deterred from making application to the Commissioner, from their own inability to provide for the remainder of the expense, not allowed by the State; those having charge of the poor, often most unwisely, and sometimes cruelly withholding all assistance. Some patients have been removed from the Retreat, partially restored, for these reasons. The inability of the fund to meet all demands upon it, is more to be regretted from the fact that insanity is increasing in our community, and in a greater ratio than our population. The Retreat is a charity in the broadest sense of the term. Our doors are open, and cheerfully shall we welcome to the utmost limits of the Institution, and of our means, all those sufferers, who like ourselves, are the children of the State, and have a right to claim its aid and protection.

May the enlarged liberality and justice of our good commonwealth, the noble monuments of whose broad and liberal policy are around us, soon enable all such to avail themselves of our means of improvement and restoration.

TABLE IV.

PROBABLE CAUSES OF DISEASE IN THE CASES ADMITTED THIS YEAR.

Unknown,	57	Masturbation,	4
Ill health,	35	Congenital,	1
Intemperance,	7	Undue mental and bodily labor,	1
Epilepsy,	3	Religious excitement,	1
Over-work,	6	Domestic affliction,	1
Disappointment,	1	Self-indulgence,	1
Domestic trouble,	1	Erroneous education,	1
Loss of daughter,	1	Blow on the head,	1
Uterine irritation and puerperal state,	1	Deaths in the family,	1
Pecuniary embarrassment,	1		
Injury from a fall,	2	Total,	128
Fear and anxiety,	1		

TABLE V.

OCCUPATION.

MALES.		FEMALES.	
Farmers,	21	Domestic pursuits,	52
Physicians,	2	Factory girls,	5
Blacksmiths,	2	Teachers,	4
Joiners,	2	Dress-makers,	2
Machinist,	1	Seamstress,	1
Laborers,	4	No occupation,	8
Clergyman,	1		
Saddler,	1	Total,	72
Weaver,	1		
Bootmaker,	1		
Merchants,	5		
Tavern keeper,	1		
Tanner,	1		
Clerks,	2		
Teachers,	2		
Capenter,	1		
Tinner,	1		
Coach manufacturer,	1		
Book-keeper,	1		
No occupation,	5		
Total,	56		

TABLE VI.

AGES AT TIME OF ADMISSION, AND AT TIME OF FIRST ATTACK.

Ages.	When admitted.			When first attacked		
	Males	Fem.	Total.	Males	Fem.	Total.
Under 15 years, ...		1	1	5	2	7
From 15 to 20 years, . .	8	8	16	12	13	25
" 20 to 25 " . . .	4	8	12	6	13	19
" 25 to 30 " . . .	11	10	21	7	9	16
" 30 to 35 " . . .	5	7	12	5	7	12
" 35 to 40 " . . .	3	13	16	3	8	11
" 40 to 45 " . . .	8	5	13	4	4	8
" 45 to 50 " . . .	9	4	13	5	3	8
" 50 to 60 " . . .	6	8	14	1	1	2
" 60 to 70 " . . .	1	6	7	1	2	3
" 70 to 80 " . . .		2	2	1		1
Over 80 . . " . . .	1		1			
Unknown, ...				6	10	16
Total, ...	56	72	128	56	72	128

TABLE VII.

DURATION OF DISEASE WHEN THE PATIENTS WERE ADMITTED.

Duration.	Males.	Fem.	Total.
Less than one month, ...	10	18	28
From one to three months, . . .	17	11	28
" three to six "	3	4	7
" six to twelve "	4	16	20
" one year to two years, . .	8	8	16
" two years to three " . . .	7	1	8
" three years to five " . . .	4	2	6
" five years to ten " . . .		3	3
" ten years to twenty years, . .		4	4
Over twenty years, ...		2	2
Unknown, ...	3	3	6
Total, ...	56	72	128

TABLE VIII.

CIVIL CONDITION.

Civil Condition.	Males.	Fem.	Total.
Married, ...	30	28	58
Single, ...	26	34	60
Widowed, ...		10	10
Total, ...	56	72	128

TABLE IX.

NUMBER OF ATTACKS AND ADMISSIONS.

No. of Attacks.	Males,	Fem.	Total.	No. of Admissions.	Males,	Fem.	Total.
First attack, .	31	42	73	First admission,	40	58	98
Second " . .	18	16	34	Second " .	14	8	22
Third " . .	3	5	8	Third " .	2	6	8
Fourth " . .	2	5	7				
Fifth " . .		2	2				
Unknown, . .	2	2	4				
Total, . .	56	72	128	Total, . .	56	72	128

TABLE X.

AGES OF PATIENTS DISCHARGED RECOVERED.

Ages.	Males.	Fem.	Total.
Under twenty years, ...	4	3	7
From twenty to twenty-five years,	4	5	9
" twenty-five to thirty " .	2	6	8
" thirty to thirty-five " .	2	3	5
" thirty-five to forty " .	1	3	4
" forty to fifty " .	7	9	16
" fifty to sixty " . .	4	4	8
" sixty to seventy " .	1	1	2
Total, ...	25	34	59

TABLE XI.

LENGTH OF TIME THAT THE PATIENTS REMAINING APRIL 1, 1851, HAVE BEEN IN THE RETREAT.

Time.	Males.	Fem.	Total.
Not exceeding three months, . .	8	9	17
From three to six months, . . .	14	16	30
" six to nine "	4	8	12
" nine to twelve "	1	8	9
" one year to two years, . .	13	10	23
" two years to three " . . .	4	9	13
" three years to four years, .	3	2	5
" four years to five " . .	7	3	10
" five years to ten " . .	11	7	18
" ten years to fifteen " . .	2	5	7
" fifteen to twenty-seven years,	5	8	13
Total, ... , ...	72	85	157

We trust that the Retreat has not been stationary during the past year, but that it has in a degree partaken of the spirit of the times and made some progress. Indeed, advance and improvement are now necessary to any Institution which would sustain its reputation, no matter how well founded that reputation has been. In these days it will not answer to trust to past success. A few years have made great changes in these matters. The plainest accommodation of any well ordered Hospital at the present day, is far more comfortable and efficient than the wealthiest could procure for their insane friends a little more than a quarter of a century since. Within a few years a number of new Lunatic Hospitals have been constructed in the United States, which combine with others all those improvements which the experience of the past has produced, and these for convenience, comfort and efficiency, are not surpassed in the world. Perhaps the greatest improvement is in the increased attention which is being paid to the power of moral treatment, not only in promoting the recovery of the curable, but in improving the sad state of the chronic and incurable lunatic—the importance of this advance

will be seen more clearly when we remember that at least three-quarters of the cases in our Hospital are of this class, which has not been generally esteemed as amenable to remedial treatment. In some of the foreign institutions and in a few in this country, schools for the Insane have been introduced with the most signal success,* "by their influence dormant faculties have been roused, memory has been strengthened, and fresh objects of interest have been presented to fix the attention of the wandering mind, and win it away from its distempered fancies. The want of mental occupation is still the greatest want in modern institutions for the insane; and for my own part, I feel as though every patient lying or sitting about in a state of listless indifference, were a reproach to the institution in which he is allowed to fall into such a condition of apathy. It is just those whom we find hanging about the sources of warmth, rarely exhibiting interest in anything going on around them, who most require mental exercise in order to preserve them if possible from becoming wholly demented, or at all events to ward off as long as possible so wretched a climax. In the school, such will become interested in some one or more of the exercises; some by perseverance may be cured; many will receive great benefit, and be prevented from sinking into a miserable state of hopeless imbecility." "It must be a low state of civilization," says Dr. Kirkbride, "when in any institution for the insane, the young and amiable, those who are able to impart as much pleasure as they receive in their intercourse with others, who give little trouble, and whose delusions injure no one but themselves, are not treated with kindness and attention, and do not receive the sympathy and affectionate care of those whom accident or official duties bring in contact with them. But it is for those whose minds seem gone, and those who offer nothing attractive in their characters, but whose diseases have made humanity appear almost repulsive, careless in their habits, violent or perverse in their behavior, with an apparent incapacity to appreciate many kinds of attention, that truly Christian feelings, and an imperative sense of duty seem required to actuate any one to the kind of devotion to their welfare that is both desirable and important." "The systematic in-

* Report Ohio Lunatic Hospital.

struction of patients in schools, in each ward, or selected from several wards, especially among the lowest class, has been found highly valuable, where it has been tried; and this experience has been fully confirmed by our own institution. The reading aloud to patients, often to a class, few of whom ever take a book in hand, has been attended with the most satisfactory results. No more beautiful change has been effected in an entire class of patients, than is to be witnessed in both our lodges at certain hours during which the teachers are reading to the assembled companies. On these occasions there are rarely more than three or four, often not more than one or two absent, out of twenty of what is styled the worst class of patients; and the conduct of all present and the attention given to the reading, has on many occasions been truly surprising."

If more conclusive evidence is needed of the reality and importance of all this, it will be found in the gratifying and truly encouraging success which has attended the efforts made of late years in France, Switzerland and Massachusetts, to educate Idiots and Imbeciles. If this class of unfortunates, many of whom appear but a grade above the animals can be "redeemed from the slough of brutishness and made tidy and decent, industrious and happy," how much more may we reasonably expect from the chronic insane and the demented—the idiot has every thing to learn, the lunatic has only to recall knowledge which has been forgotten in the dark night of insanity. This subject was generally and happily alluded to in the Managers' Report for 1848 and is most worthy of the conisderation of the Board.

Such improvements as were then recommended implicate an increased expenditure which this Institution does not at present possess the means of meeting. Without a reserve fund; reducing the rates of board to the lowest practicable point for the benefit of the indigent, we must look abroad for such means to the liberality of that community to whose beneficence the Retreat owes its existence.

We have continued to avail ourselves of the various sources of amusement and recreation within our reach. Our libraries are much resorted to and are of invaluable aid. The matron's reading, sewing and social parties have been continued

weekly, and these reunions have been found as heretofore, most pleasant and profitable. We have had occasional dancing parties, and concerts by our own household. Riding and walking parties are out every pleasant day.

The Sabbath afternoon and daily evening services and visits of the chaplain have been continued with their usual punctuality and have lost none of their elevating, cheering and happy influences.

The pleasant duty remains of expressing for ourselves and the patients our grateful acknowledgments to those friends who have remembered and cheered us by gifts and other tokens of their kind interest in the Institution and their just appreciation of its great objects.

We are indebted to Hon. A. M. Collins for a New Year's gift of 48 volumes of new and interesting books for the Ladies' Library, and also for an excellent vapor bath; to the American Tract Society for 53 judiciously selected volumes of their valuable publications; to the considerate kindness of Mrs. Emma G. Bostwick for a concert, which will be long remembered by us all; to the courtesy of Capt. Little of the N. Y. W. Greys, during their late visit to this city, for a novel treat of music from Dodworth's celebrated band; to Mr. Derwort for a concert from his musical family; to several gentlemen for Lectures on various and interesting subjects; to M. D. Phillips Esq. of Boston, for a valuable collection of prints, which have been tastefully arranged in a portfolio by one of our lady friends; to Mrs.Chapin, of Hartford, for books; to H. N. Stebbins, Esq. of N. York for a new set of music books and several prints; to the Rev. Mr. Kidder of New York for books and papers; to the American Art Union for the elegant engraving for 1849; and to Mrs. Sigourney and Geo. Brinley, Esq. and other ladies and gentlemen in the city for books, prints, and especially files of newspapers.

Tickets of gratuitous admission for all of our family who were able to attend have been received from the proprietor of "Waugh's Panorama of Italy," Whipple's dissolving views, and Signor Blitz, also tickets to the concerts of the Hutchinson family and from the Y. M. Institute to the lectures of Prof. Mitchell.

The New Haven Palladium, Boston Olive Branch, New London Chronicle, Norwich Courier, Hartford Courant and Daily Times and the Fountain have been kindly continued to us through the year and they have been welcome visitors to our halls. Newspapers are always in great demand, and it is to be regretted that our supply of them is so limited.

Fervently acknowledging the goodness of God in the mercies of the year that is past, we humbly look for wisdom and strength for the future, to Him who alone can calm the tempest and remove the delusions of the diseased mind.

Respectfully submitted,

JOHN S. BUTLER.

RETREAT FOR THE INSANE,
HARTFORD, April 1, 1851.

REPORT OF THE CHAPLAIN.

In appreciating the benefits of Institutions for the insane, regard is too much had simply to the cure or relief which they afford; and their utility is too often measured only by the amount of good thus effected. This is, indeed, their great object; and if this alone is considered, they have claims upon public bounty and private benevolence, than which none can be greater among the various forms of suffering humanity.

But the many *collateral* advantages of such Institutions are apt to be overlooked. If conducted by wise and observing individuals, they furnish the means of shedding clearer light upon questions of deep and general interest connected with the philosophy of mind and the reciprocal influence which the mind and the body have upon each other—the elements of moral science—the education and training of children and youth both in families and schools—the laws of hereditary physiology—the preservation of health and reason—prison discipline—criminal jurisprudence—and the precautionary measures to be pursued, to guard against many of the ills of the flesh and of the spirit—and then, of diffusing this light for the benefit of the whole human family.

Such Institutions ought to feel their responsibility in these respects, and be so conducted as to meet this responsibility. The light which they get should not be hid under a bushel. They occupy a position which can fit them to take rank among the greatest benefactors of mankind. The ills which they can be instrumental in *preventing*, outnumber and outweigh, thousands of times, those, which having already taken place, they are privileged to mitigate or remove.

My mind has been turned to this subject from noticing, after nearly thirteen years' experience as Chaplain of the Retreat, what *a school of practical wisdom* it may be, and often is, not only to those who are placed, for a time, under its care, but also to their relatives and friends. They learn much of themselves, and not a little, in this respect, which they never knew before—much from their companions in misfortune—and much which they would never get from books or the common intercourse of society.

They get new and more correct views of human nature; of what they should live for; and of the means of preserving a sound mind in a sound body, without which the great ends of life can be but very imperfectly, if at all, accomplished.

The dealing of God's providence with them in their sad affliction, tends to prepare and dispose them to take the highest and most important view which man can have of his condition in this world—the intimate and indissoluble connection between it, as a probationary state, and his eternal destiny beyond the grave. The discipline through which they have passed is severe, but most salutary; and they often regard it as such before leaving the Institution. They go home, wiser and better themselves, and qualified by their experience, to make others wiser and better around them.

I have endeavored, in my intercourse with the inmates of the Retreat, to lead them to appreciate these things, and thus to have a new and abundant source of present peace of mind, of calm patience under the supervision and restraints which are necessary for their restoration, and of hope and resolution with regard to the future. This is to take a rational and cheerful view of the calamity which has befallen them—to see how God designed it for their good, and how, his grace assisting them, they can themselves bring good, and great good, out of it.

To dispose their minds to such thoughts and purposes, and to lead them to look above for strength to carry these purposes into effect, is an essential part of *the moral treatment* which is adapted to their case, and of the good which Institutions for their benefit may be made instrumental in accomplishing. And hence the value, among many other reasons—nay, the

paramount necessity—of presenting to their minds the consoling and encouraging truths of the gospel, and of bringing them under the influence of these truths. If they can once be led cordially to believe and practically to feel, *I can do all things through Christ which strengtheneth me*, they have an efficiency of successful moral power which everything else falls far short of affording.

My course of duties, during the past year, both in personal intercourse with the patients, and in the social religious exercises of the Institution, has been so often given in detail in the preceding Reports, that I will only say that we have still reason to rejoice in the beneficial results of such ministrations, and with devout gratitude to God for all his past providential care over the Retreat, to begin another year of its progress, by renewing our unshaken confidence in the same kind providence with regard to the future, while we feel our increased obligations to still greater fidelity and zeal in this work of benevolence.

In conclusion, I am bound again to acknowledge, for I can never forget it, how much I owe to all connected with the Retreat, for the continued kindness and respect which they have manifested towards me in the discharge of my official duties.

HARTFORD, April 1st, 1851.

T. H. GALLAUDET.

TERMS OF ADMISSION TO THE RETREAT.

For patients belonging to this State, to be accommodated in the wings, and who do not require a separate attendant, - $3 00 per week.

For those with similar accommodations, belonging to other States, - - - $3 50 per week.

Extra accommodations are also furnished at - - - - - - - 4 and 5 dolls. per week.

If a separate attendant is required for patients in the wings, the *extra expense* is *charged.*

For patients with a room in the centre building, and a separate attendant, if of this State, - - - - - - $10 00 per week.

For the same, if from other States, - $12 00 per week.

No patient admitted for a shorter time than three months; and payment for *that term* is to be made in *advance, to a Manager.*

Subsequent expenses are to be paid, quarterly, to the *Steward.*

Letters in relation to the situation and health of the patients, will of course be addressed to Dr. Butler, the Superintendent; but such as relate to their expenses, should be addressed to Mr. Cornish, the Steward. Clothing and packages sent for the use of the inmates, should also be sent to the care of the Steward.

For admission, apply to either of the Managers or to the Superintendent.

Note.—Should any individual, residing within the State, who may receive this Report know of any insane person in his neighborhood or town, he may have it in his power to do an act of great kindness, by taking an interest in the case, and giving the friends of the sufferer such counsel and information as the circumstances may require. Prompt attention to such cases furnishes the principal and often the only hope of restoration. Sometimes, the friends of the insane seem to be at a loss what to do. Where there is need of aid from the State, in order to send the insane person to the Retreat, application should be made to the Governor, with satisfactory certificates of this need and of the insanity of the individual.

RETREAT FOR THE INSANE.

A CARD.

The Managers of this Institution, aware of the interest generally felt in its prosperity, which is naturally connected with a desire to visit its inmates, and inspect its internal arrangements; have for a long time yielded to the public wish without restraint. They have, however, in witnessing its effects, become convinced that the welfare of the patients, and the duties of its officers, require that such visitation should be subject to the following regulations:—

I. The Institution will not be open for visitors except from 2 to 4 o'clock, P. M. in winter; and 2 to 5 o'clock, P. M. in Summer.

II. All visitors, except persons having business at the Retreat, will be required to provide themselves with Tickets for admission, from the Managers, either of whom will grant the same, unless their knowledge of circumstances make it, in their judgment, necessary to refuse.

A. M. COLLINS,
CHARLES SHELDON, } *Managers.*
WM. T. LEE,

HARTFORD, June 23, 1847.